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TEST YOURSELF WITH COOKING QUIZ

Are your cooking methods up-to-date? Do you waste food? Does your family get the money's worth in food value from the food you buy? The following quiz worked out by the Bureau of Home Economics of the U. S. Department of Agriculture will help you to test yourself on these points.

1. Do you cook all protein foods--eggs, milk, meat, cheese, poultry, and fish--at low or moderate heat to keep the protein tender?

2. Do you cook meat according to cut--treating tender and less tender cuts differently?

3. Do you avoid overcooking of all foods?

4. Do you cook vegetables in as little water as possible, as quickly as possible, and use all cooking water in sauces or gravies if you can't serve it with the vegetable? Do you leave the lid off the pan while you cook green vegetables and never add soda to them?

5. Do you combine leftovers into appetizing new dishes?

6. Do you save bacon fat and meat drippings to add flavor to other foods?

7. Do you avoid thick peelings?

8. Do you avoid failures and food wastes by careful measuring, heat control, and scientific cooking methods?

9. Do you serve food attractively--have variety of color, of texture, of flavor?

10. Are your sauces and gravies free from lumps, your hot foods hot, your cold foods cold?

Grade yourself by the number of times you can answer an unqualified "yes." If you answered yes to all, keep up the good work; to over half, on the right track, room for improvement; less than half, do something about it.

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